

BRFSS Brief

Number 1106

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.

Physical Activity

New York State Adults 2009

Introduction and Key Findings

Participating in regular physical activity lowers the risk of chronic diseases such as heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, colon and breast cancer, and early death.¹ Physical activity can aid in weight loss, prevent weight gain, strengthen muscles and bones, and improve mental health.¹

The Healthy People 2010 objectives outlined national recommendations for physical activity that included increasing the proportion of adults who achieve moderate intensity aerobic physical activity for 30 minutes or more a day at least 5 days a week, vigorous intensity aerobic physical activity for 20 minutes or more a day at least 3 days a week, or an equivalent combination of moderate and vigorous intensity aerobic activity.² In New York State (NYS), the Prevention Agenda Toward the Healthiest State (Prevention Agenda) established a goal to increase the percentage of adult New Yorkers who engage in some type of leisure-time physical activity to at least 80 percent by 2013.³ This report provides data on physical activity among NYS adults that can be compared against these state and national standards.

The percentage of NYS adults who engage in leisure-time physical activity has remained stable since 2000 and remains below the target established by the Prevention Agenda. The proportion of NYS adults meeting national recommendations for weekly physical activity increased between 2001 and 2009, but in 2009, only half of the adults in NYS obtained recommended amounts of physical activity.

BRFSS Questions

Leisure-time physical activity

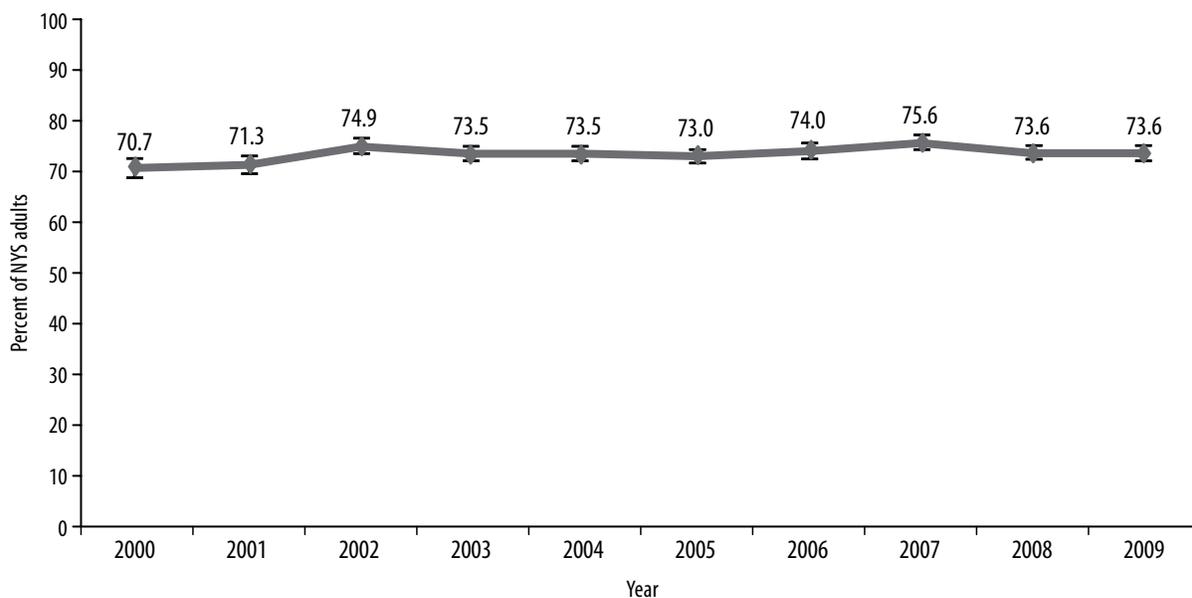
1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

Physical activity

We are interested in two types of physical activity—vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

1. Now, thinking about the moderate activities you do [when you are not working] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?
2. How many days per week do you do these moderate activities for at least 10 minutes at a time?
3. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
4. Now, thinking about the vigorous activities you do [when you are not working] in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
5. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

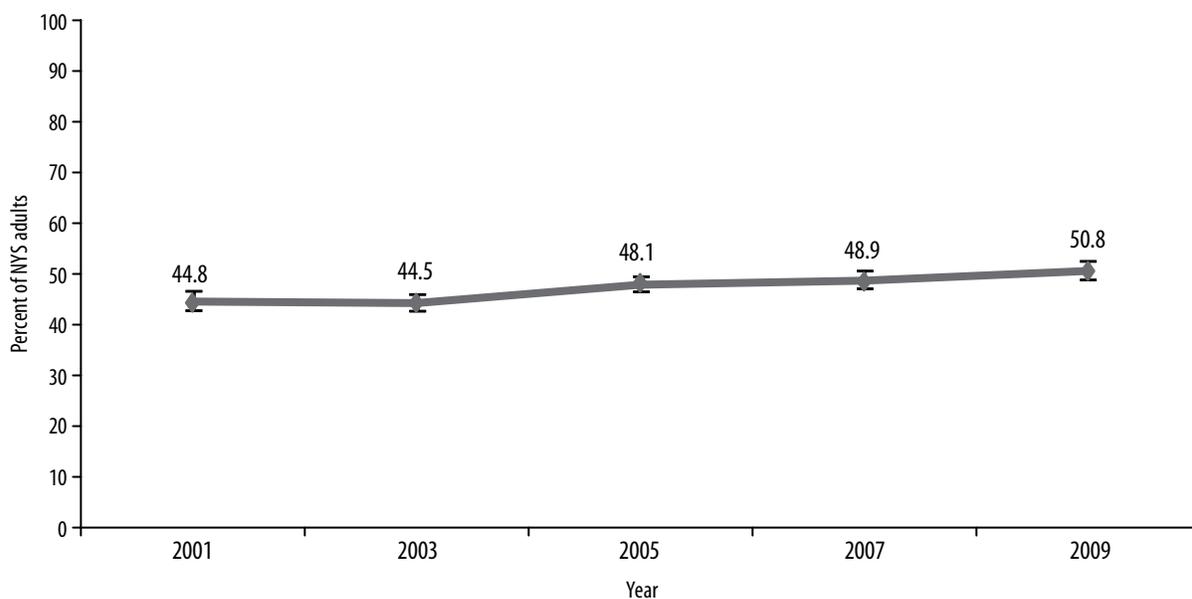
Any leisure-time physical activity* among New York State adults, by BRFSS survey year



* Other than your regular job, participation during the past month in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise.

Note: Error bars represent 95% confidence intervals.

Met recommended level for physical activity* among New York State adults, by BRFSS survey year



*Met either the moderate- or vigorous-intensity level.

Note: Data on physical activity not collected in 2002, 2004, or 2006 New York State BRFSS.

Note: Error bars represent 95% confidence intervals.

Participation in levels of physical activity among New York State adults: 2009 BRFSS

	Physical Activity Levels ^a							
	LTPA ^b		Moderate ^c		Vigorous ^d		Recommended ^e	
	%	95% Ci	%	95% Ci	%	95% Ci	%	95% Ci
Total New York State (NYS) [n=6,927]	73.6	72.0-75.1	37.9	36.2-39.7	28.4	26.7-30.1	50.8	48.9-52.6
Sex								
Male	77.2	74.7-79.4	38.6	35.8-41.4	34.6	31.8-37.5	54.5	51.6-52.6
Female	70.3	68.3-72.2	37.3	35.2-39.5	22.7	20.9-24.7	47.4	45.1-49.6
Age (years)								
18-24	79.8	73.9-84.7	43.0	35.7-50.6	41.8	34.6-49.3	60.8	53.1-67.9
25-34	73.5	68.7-77.8	40.2	35.2-45.5	32.4	27.7-37.5	53.0	47.8-58.2
35-44	75.7	71.8-79.1	37.9	34.1-41.9	32.7	29.0-36.6	54.1	49.9-58.2
45-54	73.9	70.8-76.8	38.6	35.5-41.9	28.2	25.2-31.4	51.6	48.1-55.0
55-64	73.0	69.8-76.0	37.8	34.6-41.1	21.9	19.2-24.8	48.4	44.9-51.8
≥65	66.9	64.2-69.5	31.3	28.8-34.0	15.6	13.6-17.8	38.6	35.9-41.5
Race/ethnicity								
White, non-Hispanic	76.8	75.3-78.2	41.9	40.0-43.8	30.0	28.2-31.8	53.7	51.8-55.6
Black, non-Hispanic	68.8	63.5-73.7	25.5	20.9-30.7	22.5	17.5-28.4	40.7	34.9-46.6
Hispanic	67.0	61.6-71.9	36.2	30.7-42.0	27.2	22.1-32.9	49.7	43.9-55.6
Other, non-Hispanic	72.8	66.1-78.6	31.4	24.8-38.9	30.2	23.2-38.2	48.1	40.3-56.0
Annual household income								
<\$15,000	59.9	53.6-65.8	29.9	24.2-36.3	21.0	15.4-27.8	40.6	33.9-47.6
\$15,000-\$24,999	62.4	57.8-66.8	30.6	26.3-35.3	23.0	18.8-27.7	43.9	38.9-49.0
\$25,000-\$49,999	69.2	65.7-72.5	40.5	36.9-44.3	25.8	22.6-29.4	51.2	47.4-55.0
\$50,000+	84.3	82.4-85.9	41.2	38.6-43.8	33.9	31.3-36.5	55.5	52.9-58.1
Missing ^f	67.3	62.4-71.8	35.2	30.3-40.4	24.5	19.9-29.7	47.7	42.2-53.1
Educational attainment								
Less than high school (HS)	61.0	54.5-67.2	34.0	27.5-41.1	27.1	20.4-35.0	46.6	39.3-54.0
High school or GED	65.6	62.5-68.5	35.1	31.9-38.6	23.2	20.2-26.5	46.9	43.4-50.5
Some college	74.4	71.3-77.3	38.7	35.2-42.5	29.1	25.7-32.8	51.0	47.3-54.7
College graduate	82.0	79.8-84.0	40.3	37.7-42.9	31.4	29.0-33.9	53.9	51.2-56.6
Disability								
Yes	60.6	56.3-62.8	29.9	26.8-33.2	16.1	13.4-19.4	38.4	34.9-41.9
No	77.2	75.4-78.9	40.0	37.9-42.0	31.6	29.6-33.6	53.9	51.8-56.0
Weight status								
Neither overweight nor obese	77.4	74.8-79.8	42.1	39.0-45.1	33.5	30.6-36.6	55.9	52.8-59.0
Overweight	75.1	72.6-77.5	38.9	36.1-41.9	29.0	26.2-31.9	53.0	50.0-55.9
Obese	67.3	64.1-70.3	31.0	27.8-34.4	20.8	17.9-24.1	41.0	37.5-44.6
Region								
New York City (NYC)	70.2	67.0-73.2	32.5	29.3-35.8	25.6	22.5-29.0	47.0	43.4-50.6
NYS exclusive of NYC	75.3	73.6-76.9	40.6	38.6-42.7	29.7	27.8-31.7	52.7	50.6-54.7
Urban^g								
Urban ^g	73.2	71.0-75.3	34.7	32.3-37.2	27.1	24.8-29.6	49.0	46.4-51.6
Rural	74.1	72.0-76.1	42.1	39.7-44.6	30.0	27.7-32.4	53.1	50.6-55.5

^a Reported measures of physical activity are not mutually exclusive. Rows do not sum to 100 percent.

^b LTPA = Leisure-time physical activity during the past month.

^c Moderate-intensity physical activity outside of work, 30 minutes or more a day at least 5 days a week.

^d Vigorous-intensity physical activity outside of work, 20 minutes or more a day at least 3 days a week.

^e Met either the moderate or vigorous criteria.

^f "Missing" category included because more than 10% of the sample did not report income.

^g Urban = population >1,000 per square mile.

References

1. U.S. Department of Health and Human Services (HHS). 2008 Physical activity guidelines for Americans. Hyattsville, MD: U.S. Department of Health and Human Services, 2008. <http://www.health.gov/paguidelines/Report/pdf/CommitteeReport.pdf> Accessed August 10, 2011.
2. U.S. Department of Health and Human Services. Office of Disease Prevention and Health Promotion. Healthy People 2010. Washington, DC. Available at <http://www.healthypeople.gov/2010/hpscripts/KeywordResult.asp?n267=267&n361=361&Submit=Submit>. Accessed August 24, 2011.
3. New York State Department of Health. Prevention Agenda Toward the Healthiest State 2008-2013. Available at: http://nyhealth.gov/prevention/prevention_agenda/index.htm. Accessed August 10, 2011.

Order Information

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